

HOME OR HOSPITAL BIRTH?

WHAT IS RIGHT FOR YOU?

OPTION 1 OPTION 2 OPTION 3

I generally trust doctors

I usually try to use natural methods before I go to a doctor

I avoid doctors at all costs—they make me uncomfortable

I am comfortable in hospitals

Hospitals aren't my favorite place, but it depends on why I'm there

I hate hospitals—they remind me of being sick or hurt

I don't mind leaving medical decisions up to my doctor

I like to have a say in my medical care, along with my doctor

I don't usually listen to my doctor—I like to make my own health decisions

I have good insurance

I am on a high deductible plan and/or have an HSA account

I don't have insurance or an HSA

I want to see an OBGYN

I want to see a CNM or CPM

I want to see a licensed or unlicensed midwife

My pregnancy is high risk

My pregnancy is healthy but I worry about things going wrong

My pregnancy is low risk

I want pharmaceutical pain medication or an epidural during labor

I'm open to trying natural methods of pain relief during labor

I am against an epidural and want to be free to labor however feels best

My partner is against home birth

My partner is concerned about birth outside of a hospital

My partner and I are both open to birth in or out of the hospital

I don't think it's safe to give birth outside of a hospital

I think birth can be safe in our out of the hospital

I distrust hospitals/doctors and would feel much safer at home

I am not interested in water birth

I'd like the option to labor and/or birth in the water

I know I want to give birth in the water

I don't mind going through lots of tests and procedures

I'd rather not have a test or procedure if I don't really need it

I dislike tests and procedures and will refuse them unless necessary

If you chose:

Mostly "1"s—Hospital birth is probably your best option.

Mostly "2"s—You'd probably feel comfortable with either a hospital birth or a birth center birth.

Mostly "3"s—Choose either birth center or home—hospital is not for you.